Four Days of Fruity Menus for

BREAKFAST (60 CENTS)

Watercress Coffee

of Lamb and Kidneys on Toast

Frosted Strawberries

Four, With the Cost Thereof

Rice Waffles

DINNER (\$3.50)

Purée of Cherries and Grape Juice Pulled Bread Roast Guinea Hen String Beans Escalloped Potatoes Strawberry Macarooon Mousse

BREAKFAST (80 CENTS)

LUNCHEON (90 CENTS)

Fish and Cucumber Salad Hot Rolls

DINNER (\$1.65)

Aspic Jelly Canapés
Lamb and Kidney Pie
Creamed Onions Riced Potatoes
Strawberry and Cherry Salad

Sliced Pineapple fles Cinnamon and Sugar Coffee

LUNCHEON (\$1.00)

Deviled Eggs
Graham Gems Radishes
Pineapple Lemonade
Honey Cake

Seasonable Fruits, Strawberries, Cherries and Pineapples

Unstemmed Iced Cherries Parsley Omelet Radishes Buttered Toast

LUNCHEON (\$1.00)

Pineapple Cocktails
Lettuce Sandwiches Iced Fruit Tea
Strawberry Fritters

DINNER (\$1.70)

Tomato Soup
Baked Stuffed Bluefish Parsley Potatoes
Spinach Sweet Pickled Cherries
Pineapple Sponge Pie

Careful Buying, Skillful Cooking and Steady, Small Quantity Preserving Will Serve Your Purpose Best

UST now, when strawberries until Sunday) turn out the fruit on look far enough ahead to put up will keep perfectly.

### Casual Preservings

With sugar selling for seven cents a pound, there is no excuse for an unfilled preserve closet, and, even if will help out materially when cold scarce and high in price.

In the sample menus (with budgets) the featured fruits are used with a free hand, and should there be any left-overs they may often be combined and preserved, as suggested in the strawberry and pineapple preserve or in the pineapple and

Frequently when preparing pineapple for either the table or preserving the hard core is discarded as worthless. This, however, may be

ferred when cooked, the flavor is paper and sift with powdered sugar. so much more pronounced than the large oxhearts which are so delicious

When serving cherries plain as a who only know them lukewarm. An for those used for culinary purposes. exception is, of course, made when one is fortunate enough to pick them

white of one egg and a tablespoonful

cherries and pineapples are at a large platter as soon as it comes the height of their all-too-brief from market. Look over carefully season, the home caterer should not and remove any soft berries. Cover only use them lavishly in planning with paraffin paper, set on the lowher daily menus, but should also er shelf of the ice chest, and they these delectable fruits for use next | To prepare the pineapple cock-

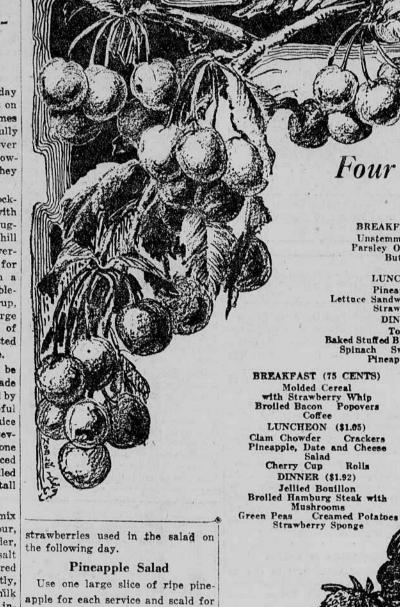
tails, shred the fruit, sprinkle with powdered sugar and add just a suggestion of ground cinnamon. Chill on the ice for several hours, or overnight, and when ready to serve (for unfilled preserve closet, and, even if the family is small, a few jars and chilled cocktail glass three tableglasses of the fruits as they come in spoonfuls of the pineapple and syrup, season, put up in different forms, or the edible pulp from half a large even the canned juices themselves, orange and two tablespoonfuls of weather comes and fresh fruits are oxheart cherry and serve at once. grape juice. Top with a large pitted

The pineapple lemonade will be found very refreshing, and is made from the pineapple syrup obtained by boiling down the cores. To a cupful of the sweetened syrup use the juice of two lemons, and let stand for several hours on the ice. Then add one quart of cracked ice, a thinly sliced orange and a pint each of chilled water and iced vichy. Serve in tall

For the strawberry fritters, mix cut in small pieces, covered with cold and sift together one cupful of flour, water, brought slowly to the boil and two teaspoonfuls of baking powder, then simmered until the fruit is in one-quarter of a teaspoonful of salt shreds. Strain and you will have a and three tablespoonfuls of powdered delicious addition for fruit bever- sugar. Beat one small egg lightly, ages or the basis for a jelly or sher- add a quarter of a cupful of milk and gradually blend with the dry ingredients. Beat well, and add one Points on Buying and Serving tablespoonful of salad oil and half a In using cherries it must be re- cupful of thick crushed strawberry membered that in most recipes (es- purée (part of the fruit juice may pecially puddings and pies) the be drained off). Fry by the spoonsmaller tart variety is to be pre- ful in deep hot fat, drain on brown

In arranging the budgets for the menus, pineapples have been figured at 85 cents, the tart cherries at 25 cents a quart basket, the oxheart chopped nut meats and paprika. halved lady fingers, pour in the glasses with long-handled lemonade fashion over the top. Bake in a fruit course always have them thorvariety at 35 cents for the same Top the ball of cheese with a large sponge and chill on the ice. oughly chilled, and, if the day is very quantity, and strawberries at 35 sultry, serve them with cracked ice. cents a quart for the large ones to They will be a revelation to those be served au naturel and at 25 cents

For the frosted strawberries select For the frosted strawberries but for the sunshine method hot water. Add to two cupsful of shredded fresh pineapple, one small teaspoonful of salt, one tablespoonthin slices and thickly butter them. large berries and dip either in thick pose, but for the sunshine method boiled frosting or a meringue mix- only the largest strawberries should



three minutes in a sugar syrup flavored with lemon juice. Drain, cool and chill. Cut each slice in quarters, arrange on a bed of crisp lettuce and place between the

slices quarters of pitted dates. Dress with a boiled dressing, using the syrup and pineapple juice in which it has been scalded as the basis, and place in the center a ball of cream cheese, blended with

### Strawberry Sponge

Soak one and a half tablespoons-Generally when buying to pre-ful of gelatine in half a cupful of strawberry purée and stir occasion- cupful of powdered sugar, two or

Cherry Cup

BREAKFAST (75 CENTS)

Molded Cereal with Strawberry Whip Broiled Bacon Popovers Coffee

LUNCHEON (\$1.05)

Clam Chowder Crackers
Pineapple, Date and Cheese
Salad
Cherry Cup Rolls
DINNER (\$1.92)

Place in a large bowl one quart of pitted ox heart cherries, with every begins to thicken. Beat three sprigs of fresh mint, one thinly

spoons so that the fruit may be moderately hot oven.

### Pineapple Sponge Pie

particle of the juice. Add one cup- lemon colored, add three-quarters of tart cherries, that have such an exsealed air-tight. serve, the small fruits (cherries and strawberry juice and dissolve over ful of cold tea, half a cupful of a cupful of sugar, a quarter of a cellent flavor. Cut stale bread in ful of melted oleo, half a teaspoonful Cook one quart of the pitted cheruntil solid one pint of chilled double sliced orange and two lemons. Let of flour, one and a quarter cups of ries with water to cover and sugar one quart of shredded pincapple, whole oranges cut in very thin slices Frequently, too, a basket of either cream, whip in one and a half cups- stand in the ice chest for three or shredded pineapple, the grated rind to render them quite sweet. Cook four cupfuls of water and eleven and one quart of sugar. Bring to the and a half of powdered sugar. Lay strawberries or cherries may be di-ful of powdered sugar, add the juice four hours to chill and ripen, and of a quarter of a lemon and the until the fruit is tender and fill a pounds of sugar. Cook the pineapple boiling point and let simmer for vided or used on two occasions, an of a quarter of a lemon and combine when ready to serve add a pint of stiffly whipped egg whites. Pour mold with alternate layers of the in the water about twenty minutes, nearly one hour or until quite thick.

### Cherry Bread

example of this being illustrated in with the gelatine fruit mixture. cracked ice and a quart of chilled into a deep pie plate lined with pas-

# Whether to Can or to Make Preserves Depends Partly on the Nature of the Fruit in Hand

box. Serve with sweetened and back of the spoon. Beat until cold flavored whipped cream.

### Strawberry Macaroon Mousse

quarter of a cupful of water for five whipped solid and half a cupful of minutes and pour slowly on the crushed dried macaroon crumbs stiffly beaten yolks of four eggs. Turn into a mold with water-tight Return to the upper part of the cover and bury in ice and rock salt double boiler and cook, stirring con- for four hours before serving. Serve stantly, until the mixture coats the with a crushed strawberry sauce.

and add half a teaspoonful of vanilla extract, one small cupful of crushed sweetened strawberry pulp, Boil one cupful of sugar and a one pint of chilled double cream,

# How to Have Your Fruit Preserved and Eat It, Too

you slight the fruits of June! tight in sterilized jars. The way to use them all the time is Sunshine Strawberry Preserves to serve them with slight variations, Put into a preserving kettle in such as the recipes suggest.

Most city dwellers, who must buy their fruit at market prices, will be among the "casual canners," and so a few specialized preserves are suggested. If you want to can by the or china plates, cover with panes of never recovered from our devotion to it, acquired under war-time to it, acquired under war-time stress) there are United States Department of Agriculture Farmers' move the pans of fruit into the house Bulletins, Nos. 839 and 853, to tell you just "how" and "how long" each step in the process should be

### Sweet Pickled Cherries

cherries, cover with cider vinegar one pint and add it to two quarts of and stand in a cool place over night. finely diced pineapple. Arrange the The next morning drain off about fruit in layers in a preserving kettle, half of the liquor and use this for with the pulp of two large oranges making "shrub" or cherry vinegar, and two and a half quarts of sugar. Arrange the cherries and the rest Chop the rind of the oranges very of the liquor in a stone crock with fine, cover with cold water, and let alternate layers of white sugar, al- stand over night, then cook in the owing half a pound of sugar for same water until very tender. Add each pound of the fruit. Add also the rind to the fruit and sugar, after a broken piece of stick cinnamon the latter has stood for several and for three pounds of the cherries, hours and the juice has begun to run eighteen whole cloves and ten blades freely and cook down until thick like of mace. Keep the crock covered marmalade. Store in jelly glasses, and in a cool place and stir up daily This is a very simple dessert and with a wooden spoon for ten days. Beat the yolks of two eggs until it should be made from the small, The pickle may then be put in smaller receptacles, but need not be quart and a pint of tart cherries and

VOU will be sorry in December if | Cook twenty minutes and seal air-

layers as many pounds of sugar as you have hulled washed berries. Set aside for four or five hours and set over the fire to simmer for ten mindays, stirring three times daily. Reover night and seal when ready as lly. These strawberries have

by ....y other method. Pineapple, Rhubarb and Orange Conserve

i fruit flavor, not obtainable

Stone the desired number of large | Cut sufficient rhubarb fine to make

### Cherry Yum-Yum

add one small cupful of water, one Strawberry and Pineapple halves, half a pound of English walcupful of seeded raisins cut in

# When strawberries are to be kept the strawberry fritters and the Line an ornamental mold with carbonated water. Serve in tall try and place strips of pastry lattice a light weight and chill in the ice boiling, the hulled washed berries. Store as for marmalade. Spacious Kitchens Make No Appeal to the Cook, Who Is There to Work, Not Walk was taking many unnecessary steps. food supplies are stored in arm's be put in the refregerator without She had a space five feet in length 20 inches wide, and is fitted with a added advantage of having the flame compactness — Plus

## Save the Kitchen Mileage and Get Out of Doors

By Harriet Sisson Gillespie

hands and two ever so swift femi- the 5,064 feet was consumed in walknine feet can accomplish only a frac- ing from the kitchen table to the tion of housewold work unless a stove, from the stove to the further soupcon of gray matter is mixed pantry, from the pantry to the icewith it. Now, a leading citizeness of box and from the pantry to the Plainfield, N. J., herself a writer work table in the kitchen. and the wife of a literary man, was with the kitchen.

A Marathon Around the Stove Since hers was to be a servantless household, and the service portion as she found it was rambling of two, both of whom had definite gets up the most delightful meals outside interests, but also to pro- and often entertains a dozen guests vide hospitality , for the guests at dinner with delectable dishes from who were seldom absent from their her "Pullman car" kitchenette. The entertaining board. She was con- latter is unique, since it is but five fronted with a complex situation in feet wide and thirteen feet long. It

pute the distance in terms of actual hurry. figures. To her astonishment she

On being confronted with these keenly aware of this fact, and al- appalling statistics the housewife bethough she was no efficient expert gan immediately to look for a remwhen she bought an old house of the edy. "For," she argued, "if I am to mid-Victorian era with certain have time to do my own work and quaint Gothic tendencies and started take pleasure in it; if I am to have to remodel it for a home, she began time for my writing as well as the enjoyment of my friends, I must reduce my housework to the point where I can get a maximum of re-

sult with a minimum of effort." A Pullman Car Kitchenette and impractical, she set about bring- And the problem was solved to her ing the two ideas into harmony, own satisfaction and apparently to She aimed to make her culinary do- that of the friends who eagerly acmain adequate not only for a family cept her bountiful hospitality. She the arrangement of the kitchen, is fitted with every needful culinary since to reach the dining room it was device and is planned for quick servnecessary to pass through two pan- ice. Each utensil is hung where it is tries, and she soon discovered she needed most. Package goods and

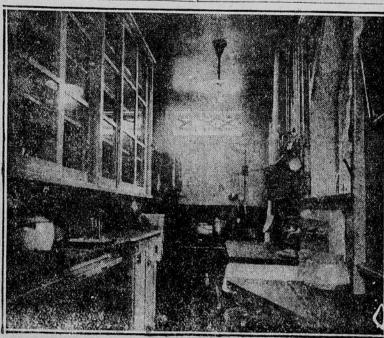
motest idea until she started to com- cally indexed so as to be found in a In fitting up her kitchenette the

O CUT down kitchen mileage miles a year, and this did not take between them and sealing up the plumber, who stoutly maintained is obviously most important into account the time spent in set- door into the old kitchen, which has that "they don't make them as high to the servantless housewife ting the table, clearing it away and since become a charming library, as that." The two drain boards, technical efficiency, it is as "plain as Of the entire amount of mileage she fashioned chimney. This narrow built-in cupboards that line one wall and opened to a side porch by a door and a window. The porch was enclosed in glass and screened so that in summer with the casement windows open the cook is practically working out of doors. The icebox the old type of gas stove which nestands on the porch, and through the cessitated gymnastic efforts on the diamond-paned Gothic windows the part of the cook to find out if the housewife can pass out the dishes to steak be done or the biscuits burned.

height of the working surfaces was room had access to the dining-room were all made to follow the same standard. It is true that they don't make them that high, but they

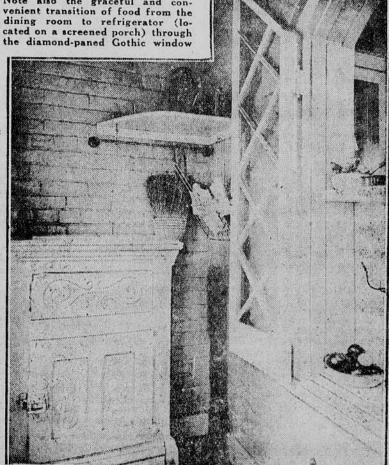
### A Sectional Gas Stove

Mrs. Pioneer also rebelled against



stove and she had in her mind's eye broilers that have two rows of gas the sort of thing she wanted to go in jets controlled by one handle, this it. So she set out on a tour of in- one has four rows, each separately To gain room for her kitchenette carefully regulated. She demanded vestigation, and the result is a secfound she was walking at the rate Mrs. Housekeeper used the two small her sink should be thirty-four inches tional stove of four burners that also a feature. On top of the table, a stool that shoves back out of of 5,064 feet a day, or nearly 365 pantries, tearing out the partitions high, despite the protest of the precisely fits into the space designed broiler rests the oven, independently for it. It stands thirty-two inches heated by a U-shaped arm of gas high, is fifty-one inches long and jets controlled by two handles. The

twenty inches wide. to the servantiess housewife going back and forth to the cellar. since become a charming horary, to-day, for, laying aside the bogy of going back and forth to the cellar. with a cheery fireplace in the old-drop-leaf table and the shelf of the 40 inches high, 23 inches long and conventional type, and it has the A LONG narrow kitchen is like a well constructed tool bench. Note also the graceful and con-venient transition of food from the dining room to refrigerator



## Everything Within Reach

the way and a marvelous collapsible since every item is under a separate stepladder that takes no room at all head finds it a simple way of checkexpense of operating this unique sec- and is kept under the sink. On the ing up on expenditures or to find left are the cupboards for china and out how long a pound of coffee, say, various utensils, as well as food sup- lasts. plies, drawers for kitchen linen, System has also alphabetized her small culinary devices, with closed recipe book, keeping the various shelves for heavy ware, and an espe- dishes that go together under a stock cial emergency shelf for canned head for ready reference in getting goods, such as salmon, lobster, corn a meal. Incidentally, also, she has beef, soups, asparagus, pineapple and the like, to be ready for the un- alphabetizing the material under the

Standing in her kitchen the cook can marginal notes and drawings of reach all the dishes behind her and some unusual feature that pleased all the tinware in the cupboards her fancy or suggested itself at the below the dish closet, as well as the moment. She made use of these baking utensils less frequently used. suggestions to a great degree in re-No space is wasted, for even the cel- modeling her house. The kitchenlarway is a trapdoor. A section of ette, however, was a concrete picthe floor is lifted and the two-leaved ture of the housewife's own taste, hatches fasten with hooks against and was planned to meet the needs the wall. A four-foot stairway leads of her own environment. to a cellarette, where additional supplies are kept. Another cellar entrance accommodates those who seek largely an individual one, so far as access to the coal bin and furnace

### Domesticated Office Methods

This professional housekeeper is a efficiency experts seem to think necdevotee of the filing and index system, albeit the method she uses is her own, but she applies it to every maker has her own peculiar problem department of the home. She has to solve, and efficiency rules, as her condiments, for example, ranged such, must either bend or break to in alphabetical order, beginning with meet individual requirements. There allspice and ending with vinegar, is, however, no reason in the world which is of immense assistance in why the solution should not be both getting a meal in a hurry. She practical and feminine, and that makes use of the idea in making up this is quite possible the unique, her monthly kitchen accounts, and kitchenette at Three Gates proves.

# System—Equals Freedom

long kept a scrapbook of clippings on domestic architecture, various rooms of the house, with

All of which leads me to say that the test of efficiency is, after all, the domestic ménage goes. It is not at all essential for a woman to carry about the sort of "hard boiled" attitude toward life that so many essary. Nor does it mean divorcing one's self from everything savoring of a personal bias. Each home-